



Northampton Aquatic & Family Center  
JFK Middle School, 100 Bridge Road, Florence, MA

# Water Aerobics

## Spring 2018

### Session IV

#### **Classes use a combination of Deep & Shallow water exercise**

Using the resistance of water to develop balanced muscle conditioning and cardiovascular fitness, this program is for all ages and ability levels, women and men. Deep & shallow water workouts offer a superior range of motion and allow for greater muscular strengthening. Most exercises are done in a vertical position and are designed to provide a great full body workout. Everyone is encouraged to work at their own pace and exercises may be modified to suit individual needs. Chris Kostek and Christie Bourque bring lots of energy to their dynamic, safe and constructive classes. Chris teaches our morning class and Christie teaches our Tuesday and Thursday evening classes.

#### **MORNING CLASS      Monday, Wednesday, & Friday 7:00 - 7:40 am**

**May 9 - July 20 (30 classes)**  
**(No Class May 28, July 4)**

**Fee:                      \$47 / \$70 / \$80**  
**(Walk in fee: \$5 / \$6 / \$7)**

*Fees listed in the order of AFC Member / Resident / Non-Resident*

#### **EVENING CLASSES      Tuesday or Thursday 6:00 - 7:00 pm**

**Tuesday:      May 8 - July 10 (10 classes)**

**Fee:                      \$25 / \$39 / \$49**  
**(Walk in fee: \$5 / \$6 / \$7)**

**Thursday:      May 17 - July 19 (10 classes)**

**Fee:                      \$25 / \$39 / \$49**  
**(Walk in fee: \$5 / \$6 / \$7)**

*Fees listed in the order of AFC Member / Resident / Non-Resident*

Registrations accepted at the AFC at JFK Middle School, 100 Bridge Road, Florence 01062  
Mon-Fri 4:00-7:00 pm, Sat 10:00 am-5:00 pm and Sun 11:00 am-4:30 pm  
413-587-1046

or

Northampton Parks & Recreation Department, 100 A Bridge Road, Florence, MA 01062  
Mon-Fri 8:30 am-4:30 pm  
413-587-1040

[www.northamptonma.gov/recreation](http://www.northamptonma.gov/recreation)

REGISTRATION FORM ON REVERSE SIDE



**NORTHAMPTON PARKS & RECREATION DEPARTMENT - REGISTRATION FORM**DO NOT USE this form for Summer Day Camps, Youth & Adult Sports, or Birthday Party registrations: Download those packets at [www.northamptonma.gov/recreation](http://www.northamptonma.gov/recreation)

Today's Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

**PLEASE PRINT LEGIBLY**☐ New to Northampton  
Parks & Recreation☐ I have updated my  
Information**ADULT 1**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_

Phone: (H) (\_\_\_\_) \_\_\_\_\_ (W) (\_\_\_\_) \_\_\_\_\_

Cell (\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

**ADULT 2**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_

Phone: (H) (\_\_\_\_) \_\_\_\_\_ (W) (\_\_\_\_) \_\_\_\_\_

Cell (\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

**EMERGENCY CONTACT OTHER THAN PARENT**

Name \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_

**Photo Release:** May Northampton Parks & Recreation Department use  
photos of you or your family members for brochure, website, promotional use?Yes ☐No ☐**PARTICIPANT'S FULL NAME:** \_\_\_\_\_Male ☐ Female ☐

Date of Birth \_\_\_\_\_ School \_\_\_\_\_

Current Grade \_\_\_\_\_ or

Grade in Fall \_\_\_\_\_ for  
programs after June

Program Name	Session	Day(s)	Level	Start Date	Basic Fee	Non-Res Fee	Total Fee
					\$	\$	\$
					\$	\$	\$

**TOTAL FEE FOR PARTICIPANT**

\$

**PARTICIPANT'S FULL NAME:** \_\_\_\_\_Male ☐ Female ☐

Date of Birth \_\_\_\_\_ School \_\_\_\_\_

Current Grade \_\_\_\_\_ or

Grade in Fall \_\_\_\_\_ for  
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**PASS PURCHASE**

Pass	Pass Type	Pass Length	Fee	TOTAL AMOUNT DUE
Aquatic Center Musante Beach	Res: Adult Family Senior Youth Non-Res Adult Family Senior Youth	6 Month 12 Month Beach Pass	\$	\$

Pass Holder's Name(s)	Male/Female	DOB	Pass/Tag# Issued	Special Considerations/Comments (Use back if necessary)
	Male/Female			
	Male/Female			
	Male/Female			
	Male/Female			
	Male/Female			

Charge my VISA \_\_\_\_ Master Card \_\_\_\_ Discover \_\_\_\_ Card # \_\_\_\_\_ Expiration \_\_\_\_\_

Name on Card \_\_\_\_\_ Signature \_\_\_\_\_

Office Use Only: Amt Rec'd \$	Cash	Check #	Credit	Date	RT Date	Staff
Amt Rec'd \$	Cash	Check #	Credit	Date	RT Date	Staff